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SENATE JOINT RESOLUTION 569
By Henry

A RESOLUTION relative to physical activity and education for children and teenagers.

WHEREAS, the latest findings of the United States Center for Disease Control and Prevention's (CDC) National Health and Nutrition Examination Survey show that increasing numbers of children and teenagers are overweight. These findings document a negative trend over the past two decades, during which time the rates at which our young people are overweight have nearly doubled; and

WHEREAS, the prevalence of sedentary lifestyles and unhealthy dietary habits among our children and adolescents directly contribute to less than optimal physical well-being in adulthood. Inactivity and poor diet cause at least three hundred thousand (300,000) deaths a year in the United States; in fact, only tobacco use causes more preventable deaths; and

WHEREAS, American children are less physically active than they should be, and as they move through adolescence they become less active. Seventy-three percent (73%) of ninth

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(9th) graders participate in vigorous physical activity on a regular basis; however, only sixty-one percent (61%) of twelfth (12th) graders participate in such activity on a regular basis; and

WHEREAS, the amount of physical education instruction and activity that high school students receive has declined. In 1991, forty-two percent (42%) of high school students nationwide participated in physical education classes daily, by 1999, that percentage dropped to only twenty-nine percent (29%). Additionally, female students are significantly less likely to participate in physical activity or team sports than their male peers; and

WHEREAS, the CDC and a cadre of experts from other state and federal agencies, universities, voluntary organizations and professional associations have determined that physical activity programs for young people are effective when such programs:

(1) emphasize enjoyable participation in physical activities that are easily done throughout life;

(2) offer a diverse range of noncompetitive and competitive activities appropriate for different ages and abilities;

(3) give young people the skills and confidence they need to be physically active; and

(4) promote physical activity through all components of a coordinated school health program and develop links between school and community programs; and

WHEREAS, the Select Committee on Children and Youth has strongly endorsed the CDC eight-component model of coordinated school health programming; and

WHEREAS, the General Assembly has statutorily required the Department of Health and the Department of Education to jointly develop and administer the Tennessee Coordinated School Health Program and to implement ten (10) program pilot sites in partnership with competitively selected school districts to test and demonstrate the effectiveness of the CDC model; now, therefore,

BE IT RESOLVED, BY THE SENATE OF THE ONE HUNDRED SECOND GENERAL ASSEMBLY OF THE STATE OF TENNESSEE, THE HOUSE OF REPRESENTATIVES CONCURRING, That it is the sense of this General Assembly that every school age child should have access to, and participate in, daily physical instruction and activity as a part of his or her elementary and secondary educational experience.

BE IT FURTHER RESOLVED, That it is the sense of this General Assembly that the purpose and focus of physical education classes for Tennessee students should be two-fold. First, physical education classes should focus on promoting the development of habits and behaviors pertaining to physical activity that will be beneficial in reversing the trend of obesity among children and youth. Second, school-based physical instruction and related activities should endeavor to empower and enable Tennessee's young people to develop, and maintain throughout their lifespans, patterns of physical activity that will increase their longevity and enhance the quality of their lives.

BE IT FURTHER RESOLVED, That Tennessee public schools, through the development and strategic implementation of coordinated school health plans and programs, should promote the importance of physical activity in creating and maintaining healthy lifestyles among the citizens of communities across the state.

BE IT FURTHER RESOLVED, That enrolled copies of this resolution be transmitted to the Commissioner of Health, the Commissioner of Education, the State Board of Education, the Tennessee Association of School Superintendents, the Tennessee Association of School Boards and the Tennessee Commission on Children and Youth.